



MEN'S FITNESS CLUB

Compatible with all
fitness levels!

 Every Wednesday

 6:00 PM -7:30 PM

 ICGC-Mirror Hall

IMPROVE YOUR...

- ✓ Strength
- ✓ Cardio
- ✓ Mobility
- ✓ Self Defense

MEMBERSHIP FEE

\$50 / Month

QR Code Registration



**PLEASE CONTACT BR.
DUSTIN FOR QUESTIONS:**

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